

Look Who's Eating!

- Who:** WIC parents and their infants 6 – 12 months
- Why:** To discuss the recommended feeding guidelines regarding appropriate food and textures based on infant development and how to balance formula with solid foods.
- Time:** 20 minutes
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Objectives: By the end of this session, participants will:

- Select appropriate food and textures based on their infant's developmental stage
- Recognize that formula or breastmilk amounts will decrease as solid foods increase
- Identify potentially dangerous foods that could be choking hazards or allergens

Lesson

- Overview:**
1. Introduction
 2. Concept: Changing food textures as they grow
 3. Concept: Balancing breastmilk or formula and foods
 4. Concept: Choking hazards
 5. Closing

Materials: Handouts: "Help Me Be Healthy 6-12 months"
Injoy DVD "Feeding Your Baby"

Introduction

- Arrange chairs in a semi-circle before participants enter classroom
 - Welcome Participants
 - Give overview of class session
 - Introductions (suggest having participant state how old their infant is and if the infant is eating solids their favorite food so far)
-  If preferred an icebreaker can be used.
- Show the 3rd & 4th sections of DVD; **Vegetables & Fruits and Self-feeding** (video time 6 minutes)



TIP: Use introductions as an icebreaker. Throw a silly question out there that is not related to the subject that you will be talking about. People will laugh and relax and this will increase class participation. Some examples of questions you can use are: "if you were fruit what would you be?" or "If you won a million dollars what is one thing you would do?"

Example: "Good morning everybody! Welcome to the "Look Who's Eating" class. Today we are going to watch a 6 minute video and discuss the transition of foods as your infant grows. Let's start with introductions we can go around the circle and state our name and if, your infant is already eating solids tell us what his favorite food is so far. I'll start: my name is _____."

Concept: Changing Food Textures with Developmental Growth

- **Essential (open- ended) Question:**
 - What have you heard about adding new solids to your infant's intake?

- **Affirm answers from participants (i.e. “I appreciate that answer”, “that is very true”, “thank you for that comment, etc.)**



Facilitator- Summarize: We just heard several very good comments that agree with the video. The video highlighted that once your infant is comfortable with cereal to start with vegetables and then fruits. They also mentioned starting one new food at a time, waiting about 5 days between new foods to monitor for any reactions and to eventually offer a variety of foods. This will provide your infant with a whole array of vitamins and minerals.

Concept: Foods to be cautious of due to allergens or choking hazards

- **Essential Questions:**
 - “What were some foods the video mentioned as choking hazards or foods to avoid until one year of age due to the potential of allergies?”
- **Listen and affirm participant’s answers: (i.e. “yes”, “that is true”, “good one”, the video did stress that”, etc.)**

Facilitator: In regards to milk now is a good time to reinforce breastmilk or formula until one year of age, at that time the infant can be transitioned to whole milk. Acknowledge that although milk is a good source of calcium and protein it does not have all the other vitamins and minerals that the baby needs at this time plus it is hard for infants to digest.



Choking Hazards

- Grapes
- ▣ Popcorn
- ▣ Nuts
- ▣ Carrots or hotdogs cut in coin shapes
- ▣ Sticky foods such as bread or peanut butter

Potential to Cause Allergies wait until 1 year

- ▣ Egg Whites
- ▣ Cow’s milk
- ▣ Citrus fruits
- ▣ Shellfish
- ▣ Peanut Butter

Concept: Balancing Breastmilk or Formula and Foods

Facilitator: “A common concern I hear from parents regarding their infants age is the frequency of breastfeeding or the amount of formula their infant should be having. We know that as infants eat more solids the frequency of breastfeeding or amount of formula will decrease”

- **Essential Question:**
 - “Think about the frequency of breastfeeding or the amount of formula your baby is getting now. Since there is a natural tendency to take less breastmilk or formula as they eat more solids let’s share things that can be done to support your baby’s transition to less formula or breastmilk and more solids”
- **Empower the Participants & Affirm**
 - **Examples:** “Thank you for that answer”, “I admire your ambition, “I appreciate that suggestion” etc.

Ways to Support Solids:



- ☺ Allow your infant to play with foods as a way to learn about the new food
 - ☺ Don't give up if your infant doesn't like the food at first sometimes it will take 7-10 times before they recognize it
 - ☺ Allow your infant to self feed with their hands
 - ☺ Avoid force feeding
 - ☺ Start with a spoon around 8 – 10 months
 - ☺ Avoid feeding new foods when baby is too hungry they may not be as receptive to trying the new food
- ★ After introducing cereals, parents can offer a variety of other healthy foods without following a specific order. Parents need to pay attention to texture and babies should progress through, smooth, mashed, chopped, and tiny pieces.

Closing

- **Summarize:** “We have covered a lot of information today about different types of food, textures, and how formula or breastmilk amounts will decrease as more solids are introduced. Does anyone have any questions?”
- **Offer the handout “Help Me be Healthy 6 – 12 months”**
- **Thank them for their participation in today’s session.**